

**(10281) Testing Factor Structure and Reliability of Turkish Version of State Self-Forgiveness Scale (SSFS)****GÖKÇEN AYDIN***Middle East Technical University***OYA YERİN GÜNERİ***Orta Doğu Teknik Üniversitesi***Problem Durumu**

Forgiveness has been extensively studied in recent years (Enright, 1996; Hall & Fincham, 2005; Holmgren, 1998; Thompson et al., 2005; Wohl, Deshea, & Wahkinney, 2008). Self-forgiveness, which is a subcategory of forgiveness, is defined as showing compassion and love towards self by clarifying the negative feelings behind an unwanted situation (Enright, 1996; Hall & Fincham, 2005). Thus, self-forgiveness is, in a way, separating wrong behaviors and the self from each other.

According to Holmgren (1998), self-forgiveness composes of three processes as being aware of the wrong behavior, followed by negative emotions and accepting oneself by considering the worth of self. Enright (1996) also mentioned the four stages of self-forgiveness as feeling guilty about the wrong behavior, resolving period, awareness of the position and creating a new understanding. Similarly, Jacinto and Edwards (2011) defined four stages of self-forgiveness as recognition, responsibility, expression and re-creating. In conclusion, self-forgiveness is a process in which the individual feels the emotions, decides with an open-mind after the awareness and reaches a new level of stage. It is not forgetting or suppressing the emotions but showing compassion towards self even by facing with the acceptance of the negative event.

In order to promote forgiveness, self-forgiveness is a crucial point to be taken into consideration. However, ensuring self-forgiveness is a difficult process which requires a necessity to accept the wrong behavior and outcome feelings to cope (Holmgren, 1998). Even though it is an ability that can be learnt (Jacinto & Edwards, 2011), its relationship with other psychological well-being factors (Toussaint, Barry, Bornfriend, & Markman, 2014) and cultural factors can play a significant role in self-forgiveness as some cultures might be susceptible to self-forgiveness while others are more strict (Orsillo & Roemer, 2011). Thompson et al. (2005) pointed out that forgiveness was negatively related to anxiety, depression, or resentment. Similar to forgiveness, self-forgiveness was also negatively associated with depression and anxiety (Sternthal, Williams, Musick, & Buck, 2010).

Even though self-forgiveness has been studied to some extent, the limited number of studies and need for measurements about self-forgiveness led the researchers adapt the State Self-Forgiveness Scale (Wohl, Deshea & Wahkinney, 2008) into Turkish. Considering the neglected importance of self-forgiveness, it is expected that adapting the new instrument might contribute to future studies related to self-forgiveness. Therefore, the aim of the current study was to adapt State Self-Forgiveness Scale and extend the literature by focusing on self-forgiveness aspect of forgiveness issue.

**Araştırma Yöntemi**

State Self-Forgiveness Scale which consisted of 17 items on a 4-point Likert type scale from 1 (not at all) to 4 (completely) was used in order to measure self-forgiveness of individuals. There are two sub-scales as Self-Forgiving Feelings and Actions (SFFA) and Self-Forgiving Beliefs (SFB). The higher scores indicate a high level of self-forgiveness. A total score can be obtained from the scale. The Cronbach's alpha was .86 for SFFA and .91 for SFB. Some of the sample items were "As I consider what I did that was wrong, I feel accepting of myself" and "As I consider what I did that was wrong, I believe I am worthy of love".

After the translation of scale by three experts in the field of counseling and two experts from English language teaching, the best fitting items that reflected the original meaning were chosen by the researchers and Turkish version of the SSFS was formed. Turkish SSFS was applied to 455 college students in English preparatory school of a state university. Of the participants, 251(55.2 %) were female and 204 (44.8 %) were male. Students had a mean of age as 19.72 with an  $SD = 3.47$ . The data was collected by convenient sampling method via online survey system of the university where the study was conducted.

**Beklenen/Geçici Sonuçlar**

The Exploratory Factor Analysis was conducted to examine the two-factor structure of the original scale. The results indicated that the scale had two-factor structure. Unlike the original scale, some items were loaded in different factors. In order to confirm this structure, Confirmatory Factor Analysis (CFA) was conducted with LISREL 8.8 software. The results of the confirmatory factor analysis showed that two-factor structure of SSFS was confirmed [ $\chi^2(113) = 550.22, p = .00; \chi^2/df-ratio = 4.86; GFI = .90, CFI = .97, RMSEA = .07$ ]. The Cronbach alpha was .91 and the test-re-test reliability was .79. Overall results pointed out that State Self-Forgiveness Scale is a valid and reliable measurement that can be used with university students.

**Anahtar Kelimeler:** self-forgiveness, forgiveness, scale adaptation

**Kaynakça**

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